**Schizoid Personality Disorder Overview**

**Links**

[Schizoid personality disorder - Symptoms and causes - Mayo Clinic](https://www.mayoclinic.org/diseases-conditions/schizoid-personality-disorder/symptoms-causes/syc-20354414)

[Schizoid Personality Disorder: Symptoms & Treatment](https://my.clevelandclinic.org/health/diseases/23030-schizoid-personality-disorder)

[Schizoid Personality Disorder: Definition, Causes, and Symptoms](https://psychcentral.com/disorders/schizoid-personality-disorder#symptoms)

[Schizoid Personality Disorder - StatPearls - NCBI Bookshelf](https://www.ncbi.nlm.nih.gov/books/NBK559234/)

[Schizoid Personality Disorder | Psychology Today](https://www.psychologytoday.com/intl/conditions/schizoid-personality-disorder)

**Criteria:**

**4 (or more) of the following criteria needs to be met for diagnosis (DSM-5-TR):**

* Lack of social interest
* Tendency to self-isolate
* Little or no interest in sexual experiences with other people
* Limited expression of emotions in interpersonal interactions
* Indifference to criticism or praise
* Experiences little pleasure from activities
* Always chooses solitary activities

**Notes:**

\*Typical Marriage pairings - Nobody

\*Treatment:

\*Enhance experience of pleasure in activities and/or relationships

\*Increase activity level

\*Reduce social withdrawal

\*Increase emotionality, including the experience and expression of feelings

\*Improve interpersonal skills

\*Differential Diagnosis–

vs. Avoidant – Genuinely uninterested, not afraid of social relationships

vs. Asperger’s – not the repetitive interests or movements

vs. Depression – Don’t recognize the pleasure deficiency

vs. Schizotypal – Not the Eccentric behavior, odd beliefs, and transient psychotic-like symptoms.

**Key Reminders**

\*Cluster A – Odd or eccentric disorders (Paranoid, Schizoid, Schizotypal)

As a whole, you want to maintain a professional stance, clarity and consistency

**Resources**

\*Recommend “The Personality Disorders” Treatment Planner – Wiley – 2nd Ed.

\*Michael Nash – Personality Disorders training.

\*3-Day Personality Disorders Course Advanced Diagnosis, Treatment & Management Gregory W. Lester, Ph.D.

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\*Cluster A – Autonomous – (Teacher-Student) Not good with empathy

\*Cluster B – Poorly Formed – Increase safety for them to admit

\*Cluster C – Inadequate or incompetent – Journaling – attend to the world outside of themselves and facts about the world